

Write Now - Personal Story Workshops

It's time to put precious and important memories and stories in writing. For yourself, for your loved ones, for future generations. Your stories. Your life. Your legacy.

Peggy Rosen (personal historian, memoirist, ghostwriter, certified Guided Autobiography Instructor) invites you to explore and write your personal stories. You don't have to be "a writer" to participate. These are not classes for learning how to write. They are intended for everyone, regardless of writing skill or experience.



"Legacy Letter" Workshop

Also known as an "Ethical Will" or "Forever Letter," this non-legal document creates a lasting legacy beyond possessions or financial wealth. Legacy letters express personal beliefs, values, life lessons, and perspectives gained in one's life.

This single-session, 1.5-hour workshop will help you to identify and begin to write what you want to pass along, "what matters most" to you. Legacy letters can be written at any stage of life, often a beginning, not an end, of life story. In this workshop we'll explore the purpose and process of creating a legacy letter, weaving stories and anecdotes into the narrative to bring your legacy letter to life.

Date: Tuesday, March 22nd

Time: 6:30 pm to 8:00 pm

Cost: \$25 per person, Min. of 2 and max. of 8 people



A Taste of GAB

This 2-hour, single session workshop serves as an introduction to the Guided Autobiography (GAB) method of writing and sharing personal stories in a small group. Participants will learn about the origins of GAB, its purpose, benefits, and structure - using universal life themes to prompt meaningful memories and story ideas, writing personal stories, and sharing them in a series of small group sessions. The workshop is interactive and participants will actively use the GAB method in this session. This introductory "Taste of GAB" workshop allows participants to sample an abbreviated form of the GAB model in a single session.

Date: Friday, March 18th

Time: 6:30-8:30pm

Cost: \$30 per person, Min. of 2 and max. of 8 people

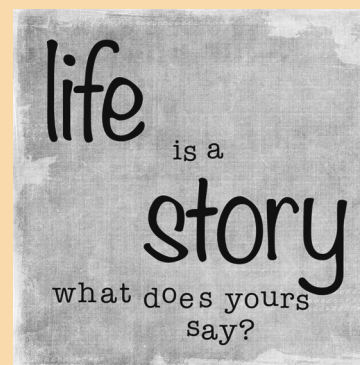
"Write Your Story" Workshop

In this single-session, 2 hour workshop we'll explore reminiscence and story-telling, tailoring your life story and memoir writing to purpose and intention, using prompts and props as "memory grabbers", and have fun with drafting a piece of personal story.

Date: Tuesday, March 29th

Time: 6:30 pm to 8:30 pm

Cost: \$35 per person, Min. of 2 and max. of 8 people



4 week "Guided Autobiography" Course

Guided Autobiography (GAB) provides a structured format for a small group of participants to engage in a series of sessions that explore personal stories in the context of universal life themes, such as Branching Points, Family, Work/Career. Outside of class, each participant writes a brief (up to two pages) personal story related to the week's theme, then shares it by reading aloud to the group. GAB classes are designed to provide a confidential, non-judgmental, supportive, and encouraging space for discovery and sharing of life stories. Many GAB participants gain new insights, find common ground, understanding, respect, and even joy and laughter in the sharing of stories within the group. It becomes not just about the "me", but also about the "we" of life's experiences.

When: Friday, March 25th—April 15th

Time: 6:30-8:30pm

Cost: \$70 per person
Max. of 6 people

Need more info.? Call Holderness Recreation at 603-968-3700 or email recreation@holderness-nh.gov or visit www.holderness-nh.gov